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ABSTRACT

This publication is a guide to resources for alcohol and drug abuse prevention programs aimed at college youth. The first section offers 20 facts emphasizing the seriousness of drug and alcohol abuse among college students, including the following: of the current student body in the United States, 2 or 3 percent will eventually die from alcohol-related causes, about the same number as will get advanced degrees. The second section describes 15 prevention materials. Each description of a poster, commuications packet, video, or other item includes a notation of the organization producing it, the year, format, context, topic, mode of delivery, target audience, setting, readability, and location where it is available. The following section is a list of 39 reports, studies, and articles on college students and substance abuse including a citation of source and an abstract of the document. The final section lists groups, organizations, and programs on college youth offering the title, address, and telephone number of 19 organizations. (JB)

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Office for Substance Abuse Prevention

PREVENTION RESOURCE GUIDE

COLLEGE YOUTH

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PUT ON THE BRAKES!

June 1991

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This OSAP Prevention Resource Guide was compiled from a variety of publications and data bases and represents the most currently available information to date. This Guide will be updated regularly, and your comments or suggestions are welcome. To suggest information or materials that might be included in updated editions, please write to the **National Clearinghouse for Alcohol and Drug Information (NCADI), P.O. Box 2345, Rockville, MD 20852.** *The listing of materials or programs in this Resource Guide does not constitute or imply endorsement by the Office for Substance Abuse Prevention, the Public Health Service, or the Department of Health and Human Services.* The materials have been reviewed for accuracy, appropriateness, and conformance with public health principles.

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Facts and Figures on College Youth

- ✓ Of the current student body in America, between 2 and 3 percent will eventually die from alcohol-related causes, about the same number as will get advanced degrees, master's, and doctorate degrees combined.[1]

- ✓ For the over 12 million college students in the U.S., the annual consumption of alcoholic beverages totals well over 430 million gallons. To visualize this, imagine an Olympic-sized swimming pool filled with beer, wine, and distilled spirits. In a single year, the student body of each college in the country—roughly 3,500 colleges—drinks the equivalent of one pool.[2]

- ✓ Almost 4 percent of the college population drinks *daily*.[3]

- ✓ Over one-half of college students participate in drinking games which involve the consumption of extremely high quantities of alcohol. Studies indicate that the average amount is between 6 and 10 drinks in a short period of time. A 1990 survey revealed that 41 percent of students had consumed five or more drinks in a row in the last 2 weeks.[5]

- ✓ Approximately 35 percent of all the college newspaper advertising revenue comes from alcohol advertisements.[6]

- ✓ Studies have demonstrated that fraternity members drink more frequently and more heavily than other college students.[7,8,9]

- ✓ The number of students who get drunk at least once a year ranges between 53 and 84 percent. Drunkenness at least once a month ranges from 26 to 48 percent.[10]

- ✓ In one recent study of college student drinking, it was found that most male bonding takes place with alcoholic beverages. This bonding is the main purpose of their drinking.[11]

- ✓ A survey of college administrators showed that they believe that alcohol is a factor in 34 percent of all academic problems and 25 percent of the dropout cases.[12]

- ✓ Almost half of the college athletes who drink admit that their use of alcohol has had a "harmful" or "slightly harmful" effect on their athletic performance.[13]

- ✓ There is virtually no college campus in America where drinking is not regulated in some way. Beer is banned on 22 percent of the campuses, and 29 percent do not allow distilled spirits on campus.[14]

- ✓ Religion influences the drinking patterns of college students. It has been demonstrated that the more strongly attached a student is to a faith, the less he or she is at risk for alcohol problems.[15]

- ✓ To discourage the use of false identification to purchase alcohol, one study found that 75 percent of the colleges impose a fine or probation, 12 percent suspend the student, and 21 percent report the offense to law enforcement authorities and/or the motor vehicles bureau.[16]

- ✓ When college students need help for alcohol problems, they choose alcohol counselors, printed literature, and friends from 13 other alternatives.[17]

- ✓ In 1987, American hospitals discharged 91,000 of the 18 to 25 year old age group with at least one alcohol-related illness. These hospital discharges reflect only the alcohol-related diseases caused by prolonged and/or heavy drinking, and do not include alcohol-related injuries.[18]

- ✓ On a positive note, there is a small, but significant downward trend in the prevalence of alcohol use among college students. For example, in 1980, 81.8 percent of the college population students had drunk alcohol in the last 30 days. By 1985, it was down to 80.3 percent. When measured in 1990, it had declined to 74.5 percent. This trend mirrors a similar pattern of a small, national reduction in the consumption of alcoholic beverages.[19]

- ✓ The most recent statistics indicate that nearly that one-third of college students have used marijuana in the past year, which is now 5 to 20 times stronger than it was 10 years ago.[20]

- ✓ In a national survey, 5.6 percent of the college population had used cocaine during the past year, and 0.6 percent had used crack. Cocaine and crack have alarming addiction rates and can cause heart attacks, deaths, and other serious health complications, as well as absenteeism and social disintegration.[21]

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✓ LSD, a dangerous hallucinogen, has an annual prevalence rate among college students of 4.3 percent. Heroin and opiates, extremely powerful narcotics that can cause severe withdrawals, comas, and deaths, have a combined annual use rate of 3.3 percent. Withdrawal is caused by prolonged use, physical dependence, and abrupt termination of use.[22]

✓ As with alcohol, there appears to be a small but significant downward trend in the use of drugs among college students.[23]

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1. The average U.S. alcohol-related mortality figures are between 1.9 and 3.1 percent, based on various estimates given by P. Van Natta, et al. "The Hidden Influence of Alcohol on Mortality," *Alcohol Health and Research World* 9:56-59, 1985. The advanced degrees are given by *Statistical Abstracts of the United States*. Table No. 267. U.S. Department of Commerce. 1989.
2. Pool data is from the National Spa and Pool Institute. Assumes an Olympic-sized pool of 120,000 gallons. This is about six times the size of a residential swimming pool. The students' alcohol would fill over 20,000 residential swimming pools.
3. "Trends in Thirty-day Prevalence of Daily Use for Marijuana, Cocaine, Stimulants, Alcohol, and Cigarettes Among College Students 1-4 Years Beyond High School: Table 8" *HHS News Kit*, U.S. Department of Health and Human Services; Alcohol, Drug Abuse, and Mental Health Administration; National Institute on Drug Abuse, January 24, 1991.
4. *National Household Survey on Drug Abuse: Main Findings 1985*, U.S. Department of Health and Human Services; Alcohol, Drug Abuse, and Mental Health Administration; National Institute on Drug Abuse, 1985, p. 77.
5. Douglas, P. "Buzz-Buzz, Turtles, Quarters, and One Horse Club, The Role of Drinking Games Among High School and College Students," *Alcohol Health and Research World* Vol. 2, No. 4, 1987, p. 57. Based on a 1986 survey of approximately 300 students at Towson State University.
6. Breed, W., Wallack, L., and Grube, J. "Alcohol Advertising in College Newspapers: A Seven Year Follow-Up," *Journal of American College Health* 38(6):225-261, 1990.
7. Hawarth-Hoeppner, S. et al. "Quantity and Frequency of Drinking Among Undergraduates at a Southern University," *International Journal of the Addictions* 24(9):829-857, 1989.
8. Cason, V.K. "Influences on Student Substance Use and Irresponsible Use." Doctoral Dissertation, Virginia Commonwealth University, 1990.
9. Tampke, D.R. "Study of Undergraduate Drinking Behavior, Attitudes, and Membership in Greek Letter Social Organizations." Doctoral Dissertation, University of Illinois Urbana-Champaign, 1990.
10. Kraft, D.P. "Prevention and Treatment of Alcohol Problems on a College Campus," *Journal of Alcohol and Drug Education* 34(1):37-51, 1988.
11. Burda, P.C., and Vaux, A.C. "Social Drinking in Supportive Contexts Among College Males," *Journal of Youth and Adolescence* 17(2):165-171 1988.
12. Anderson, D.S., et al. *College Alcohol Survey: Results from 1979, 1982, 1985, and 1988*, George Mason University, Fairfax, VA, 1988.
13. Anderson, W.A., et al. *Replication of the National Study of the Substance Use and Abuse Habits of College Student Athletes*, College of Human Medicine, Michigan State University, East Lansing, October 1989.

14. Anderson, D.S., and Gadaleto, A. *The College Alcohol Survey*, George Mason University, Virginia, 1988.

15. Perkins, H.W. "Parental Religion and Alcohol Use Problems as Intergenerational Predictors of Problem Drinking Among College Youth," *Journal for the Scientific Study of Religion* 26(3):340-357, 1987.

16. Anderson, D.S., and Gadaleto, A. *The College Alcohol Survey*, George Mason University, Virginia, 1988.

17. Klein, H. "Helping the College Student Problem Drinker," *Journal of College Student Development* 30(4):323-331, 1989.

18. Stinson, F. CSR, Incorporated. Alcohol Epidemiological Data System. Special computer analysis of 1987 unpublished data from the National Center for Health Statistics.

19. "Trends in Annual Prevalence of Fourteen Types of Drugs--College Students 1-4 years Beyond High School: Table 6," U.S. Department of Health and Human Services; Public Health Service; Alcohol, Drug Abuse, and Mental Health Administration; National Institute on Drug Abuse, January 1991.

20. Ibid.

21. Ibid.

22. Ibid.

23. "Trends in Thirty-day Prevalence of Daily Use for Marijuana, Cocaine, Stimulants, Alcohol, and Cigarettes Among College Students 1-4 Years Beyond High School: Table 46" *HHS News Kit*, U.S. Department of Health and Human Service; Alcohol, Drug Abuse, and Mental Health Administration; National Institute on Drug Abuse, January 24, 1991.

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Prevention Materials for College Youth

The materials listed in OSAP's Prevention Resource Guide have been reviewed for scientific accuracy based on the latest available scientific findings; appropriateness for the target audience as described by the developers of the materials; and conformance to public health principles and related policies. The underlying guidelines used for the review of materials are first and foremost based on the principle of "do no harm." All materials contain a clear non-use (of nicotine, alcohol, and other drugs) message for youth. *The listing of these materials, however, does not imply Government endorsement or approval of the messages or materials.*

We're Putting Drugs Out of Business

Organization: Partnership For a Drug Free America
Year: 1987
Format: Poster
Context: Stands Alone
Topic: Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: College Students, Employees, and Career Seekers
Setting: Government, Worksite
Readability: Low Literacy
Availability: Partnership for a Drug Free America, 666 Third Avenue, 15th floor, New York, NY 10017

This black and white poster pictures presidents Lincoln, Jackson, Hamilton, Franklin, Washington, and Grant on dollar bills. The top of the poster says "Take Drugs and Lose all of Your Friends." The bottom reads "We're Putting Drugs Out of Business." Also included are facts on how drugs affect the workplace.

Together for a Safe Campus: An Educational Campaign to Help Reduce Crime and Improve Campus Life

Organization: National Crime Prevention Council
Publication Date: 1988
Format: Communications Package
Length: 120 Pages
Context: Stands Alone
Topic: Alcohol/Drugs and Prevention, Safety, Crime Prevention
Mode of Delivery: Self-Instructional and Mass Media
Target Audience: Policymakers/Administrators and Young Adults
Setting: School
Readability: Fairly Difficult
Availability: National Crime Prevention Council, 1700 K Street, NW, 2nd Floor, Washington, DC 20006; 202-466-6272; $50

This material is designed to encourage and support efforts to reduce crime on college campuses. It includes brochures, news articles, and posters on

substance abuse, stress, etc. The kit also includes ideas for campus programs, program guide, resource guide, and NCPC catalog.

Drugs and You: Everybody Isn't Doing It

Organization: Guidance Associates
Year: 1988
Format: Booklet, Video
Length: 15 Pages, 51 minutes
Context: Part of a Packet/Program
Topic: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: College Students, Secondary School Youth
Setting: Home, School
Readability: Easy
Availability: Guidance Associates, Communications Park, Box 3000, Mount Kisco, NY, 10549; 800-431-1242; $175

The video uses roundtable discussion on peer pressure, how to identify it, and how to avoid being manipulated. The booklet briefly summarizes the video it accompanies. Questions for discussion and review are included. Related activities are also included.

High on Life: Feeling Good Without Drugs

Organization: Guidance Associates
Year: 1988
Format: Booklet, Video
Length: 13 Pages, 60 Minutes
Context: Part of a Packet/Program
Topic: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: College Students, Secondary School Youth
Setting: Home, School
Readability: Easy
Availability: Guidance Associates, Communications Park, Box 3000 Mount Kisco, New York 10549; 800-431-1242; $209 plus shipping; Order #6843

This booklet gives a brief description of the video it accompanies. Review and discussion questions are included as well as suggested activities. The video gives personal stories of eight teens and how they get high without drugs by participating in music, sports, dancing, and teaching.

The Addictive Personality: Who Uses Drugs and Why?

Organization: Human Relations Media
Format: Teacher's Guide
Length: 31 Pages
Context: Training Component
Topic: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: A/D Prevention Professionals, Community Service Groups, and College Educators
Setting: Community Organization
Setting: School
Readability: Fairly Difficult
Availability: Human Relations Media, 175 Tompkins Avenue, Pleasantville, NY 10570

This teacher's guide has the script to the video of the same name. The script describes what an addictive personality is and lists characteristics of an addictive personality. It also explains how this personality can lead to drug use and alcoholism. This guide includes review questions and tips for leading a discussion on the video.

Anabolic Steroids....What's the Hype?

Landry, G.L., and Wagner, L.L.

Organization: Wisconsin Clearinghouse
Format: Brochure
Length: 8 Pages
Context: Stands Alone
Topic: Anabolic Steroids
Mode of Delivery: Self-Instructional
Target Audience: College Students
Setting: Community Organization
Setting: School
Readability: Low Literacy
Availability: Copyrighted by Wisconsin Clearinghouse; 75 cents apiece or volume rates. P.O. Box 1468, Madison, WI 53701-1468; 1-800-322-1468

This is a brochure on anabolic steroids. It describes what anabolic steroids are, how they are used, and their harmful effects.

Gangs, Cops, and Drugs

Greenberg, P.W.

Organization: MTI Film & Video
Year: 1989
Format: VHS Video
Length: 49 Minutes
Context: Part of a Packet/Program
Topic: Alcohol/Drugs and Prevention
Mode of Delivery: Mass Media
Target Audience: A/D Prevention Professionals, College Students, and Policymakers/Administrators
Setting: Government, Legal
Availability: Copyrighted by MTI Film & Video, 420 Academy Drive, Northbrook, IL 60062

This NBC video is done by Tom Brokaw. Bill Bennett is interviewed. The main theme is about gangs that have started in southern California and have moved across the country. The video discusses gang activities and behavior and what can be done to eliminate gang drug trafficking.

Chemical Use and Other High-Risk Behaviors; Some Implications for College Admissions Counselors and Administrators

Anderson, B.

Organization: San Benite High School
Year: 1989
Format: Booklet
Length: 11 Pages
Topic: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: College Educators
Setting: School
Readability: Fairly Difficult
Availability: San Benite High School, 1220 Monterey Street, Hollister, CA 95023

In order to help college students stay in school and graduate, the author suggests that admissions personnel be aware of warning signs of substance abuse in their academic records. Examples are included. Student assistance programs for communities are recommended. Information on the physical effects of cannabis is included.

Nothing Can Stop Them When They "Party Straight"

Organization: Minnesota Prevention Resource Center (MPRC)
Year: 1988
Format: Poster
Context: Stands Alone
Topic: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: College Students, Jr. High and Sr. High Youth

Setting: School, Graduation Parties, Post Proms, Student Groups

Availability: Minnesota Prevention Resource Center, 2829 Verndale Avenue, Anoka, MN 55303; 612-427-5310

Colorful 17" x 22" poster with teens from different ethnic groups enjoying a party with white space at the bottom to advertise and promote any event.

Cruel Spirits: Alcohol and Violence

Organization: Coronet/MTI Film and Video

Year: 1989

Format: VHS Video

Length: 32 Minutes

Context: Part of a Packet/Program

Topic: Alcohol & Violence

Mode of Delivery: Self-Instructional

Target Audience: College Students, Community Service Groups, College Educators, Policymakers/Administrators, and A/D Treatment Professionals

Setting: Community Organization, Legal/Judicial, College

Availability: Coronet/MTI Film and Videos, 108 Wilmot Road, Deerfield, IL 60015 1-800-621-2131; $75 rental, $495 purchase

Collin Siedor examines the relationship between alcohol and violence as he travels from a State prison to an emergency room to riots in the streets. This video reveals how, under certain circumstances, alcohol unleashes uncontrollable aggressions in individuals resulting in violence and in some cases death. The question of how we as a society have contributed to the Nation's problem and what we as a society are going to do about it is addressed. Graphic violence is shown.

Subject of a Moment

Organization: Film Ideas, Inc. — Films and Video

Year: 1985

Format: VHS Video

Length: 27 Minutes

Context: Stands Alone

Topic: Alcohol

Mode of Delivery: Self-Instructional

Target Audience: College Students Secondary School Youth, and Young Adults

Setting: Community Organization, Home

Availability: Film Ideas, Inc. — Films and Video, 3575 Commercial Avenue Northbrook, IL 60062

This video shows a teen drinking, then driving home. He has a crash that leaves him facing charges of vehicular homicide.

Mirror of a Child

Organization: Johnson Institute

Year: 1989

Format: VHS Video

Length: 30 minutes

Topic: Alcohol

Mode of Delivery: Self-Instructional and Instructor-led

Target Audience: A/D Treatment Professionals, Educators and Health Care Providers

Setting: Community Organization

Evaluated: Unknown

Availability: Johnson Institute, 7151 Metro Boulevard Minneapolis, MN 55435; 800-231-5165 (US), 800-247-0484 (MN); $525, order #V411

The issues of Adult Children of Alcoholics and Children of Alcoholics are dramatized in this video. It is designed

to be a working tool for professionals, serving as a shared reference base for discussions.

Making Sex Safer

Organization: American College Health Association
Publication Date: 1987
Format: Brochure
Length: 8 Pages
Context: Stands Alone
Topic: Alcohol/Drugs
Mode of Delivery: Self-Instructional
Target Audience: College Students
Setting: Health Care, School
Readability: Fairly Difficult
Availability: American College Health Association, 301-963-1100, 1300 Piccard Drive, Suite 200, Rockville, MD 20850

This brochure states that drugs and alcohol can interfere with decision-making on safe sex. It also tells about the most common sexually transmitted diseases and methods of protection.

Changes Are Tough

Theo, C.

Organization: Wisconsin Clearinghouse
Publication Date: 1987
Format: Poster
Context: Stands Alone
Topic: Alcohol
Mode of Delivery: Self-Instructional
Target Audience: College Students
Setting: School
Availability: Wisconsin Clearinghouse, P.O. Box 1468, Madison, WI 53701-1468, 1-800-322-1468; $2.50 or volume rates.

This pictures a man in the bleachers at a college stadium apparently having difficulties with changes. The message is not to drink because of problems, it only makes them worse.

A Winning Combination: An Alcohol, Other Drug, and Traffic Safety Handbook for College Campuses

Organization: National Highway Traffic Safety Administration, U.S. Department of Transportation.
Publication Date: 1989
Format: 3 Ring Binder
Topic: Alcohol, Other Drugs, Highway Safety
Target Audience: Campus Administrators and Program Staff
Readability: Fairly Difficult
(*A Winning Combination* has been sent to all college presidents, NHTSA regional offices, and many professionals in the field who are working at the college level.
Availability: A limited number of individual copies are available to campus program coordinators by writing NTS-21, NHTSA, 400 Seventh Street, SW Washington, DC 20590.)

This resource manual is an extensive guide for developing an alcohol and other drug program for students. Topics include policies, programming, dealing with problems, evaluation, staff training, and more. It also contains a wide variety of resource materials, policies, and strategies that were developed by numerous colleges and universities throughout the country.

Studies, Articles, & Reports on College Youth

Government Publications and Journal Articles

Effects of Sex, Race and Year in College on Self-Reported Drinking-Related Problem Behaviors

Curtis, K.; Genaro, S.; Roberts, A.; and Kayson, W.A.

Psychological Reports 66(3 part 1):871, 1990.

This research was conducted to study the effects of sex, race, and year in college on self-reported, drinking-related problem behaviors. It was hypothesized that men would report more problem behaviors than women, White students would report more than Hispanic or African American students, and an interaction of sex and race would be observed. The study was conducted at a middle-sized eastern college, where 181 students anonymously filled out a 17-item questionnaire. The design was a 3 (race) x 2 (sex) x 2 (year in college) factorial. The hypotheses for sex and race were confirmed. Investigation of whether these self-reported drinking-related problem behaviors are congruent with actual behaviors requires study. 13 Ref.

Drinking in the Dorms: A Study of the Etiquette of RA/Resident Relations

Rubington, E.

Journal of Drug Issues 20(3):451 461, 1990.

A legal drinking age of twenty-one may bisect the population of a freshman residence hall into categories of those who may drink legally and those who may not. Resident assistants, principal agents of social control in residence halls, confront a difficult task when charged with enforcing the college drinking rules under these social conditions. The present exploratory study, based on interviews with resident assistants (RAs) in two freshmen residence halls, examines how RAs defined, interpreted, and enforced the drinking rules during one academic year. Preliminary results suggest that through the process of mutual socialization, an etiquette of RA/Resident relations evolves. In effect, RAs "teach" residents on their home floors to break rules with discretion. The drinking habits of individual RAs, along with architectural differences in two residence halls, make for two different variations in the etiquette of RA/resident relations.

Alcohol Consumption, Problem Drinking and Antisocial Behavior in a Sample of College Students

West, R.; Drummond, C.; and Eames, K.

British Journal of Addiction 85(4):479-486, 1990.

(Reprints available from Robert West, Psychology Department, RHBNC, London University, Egham, Surrey TW20 0EX, United Kingdom.)

A total of 125 male and 145 female students completed a written questionnaire (response rate 68 percent) on their consumption levels and patterns, problem drinking, vandalism, and assaults associated with drinking. Prevalence of heavy drinking was broadly similar to that found in other college student samples in the United Kingdom (UK) with 25.6 percent of male students and 14.5 percent of female students drinking more than their safe limits of 35 and 21 units per week respectively. Six percent of male and one percent of female students exceeded the problem drinking threshold on the Michigan Alcoholism Screening Test (MAST). Twenty percent of the male students and 6 percent of the females admitted having caused at least some damage to property after having been drinking in the past 12 months. Four percent of males and 5 percent of females admitted "minor" assaults. Fifty percent of males and 36 percent of females had witnessed damage to property and 19 percent of males and 10 percent of females had experienced some kind of assault. Vandalism and assaults were positively and independently associated with higher levels of consumption, reasons for drinking and patterns of drinking; in particular, morning drinking appeared to play a role. Taking amount of drinking into account, males were more likely to commit acts of vandalism, but females were more likely to commit assaults. The results reveal that alcohol-related, anti-social behavior among students is a significant problem and that, while heavy drinking per se plays a role, other factors are also important. 12 Ref.

Survey of the Social Context of Drinking among College Women

Hunter, G.T.

Journal of Alcohol and Drug Education 35(3):73-80, 1990.

This is a study of the social context in which drinking occurs. The study suggests that the use of alcohol is typical social behavior for the majority of female drinkers and those in their company. For most of the female respondents the use of alcohol does not present major problems. 10 Ref.

Evaluation of the Effects of College Alcohol Education on the Prevention of Negative Consequences

Meacci, W.G.

Journal of Alcohol and Drug Education 35(3):66-72, 1990.

Literature reviewed and the current study were mainly in agreement that alcohol education significantly improves knowledge, but demonstrates little effect on responsibility and negative consequences. The correlation coefficients computed for knowledge acquisition, responsible attitudes, and negative consequences indicated a lack of relationships that would influence prevention of negative consequences. 40 Ref.

College Student Drinking Behaviors Before and After Changes in State Policy

Williams, F.G.; Kirkman-Liff, B.L.; and Szivek, P.H.

Journal of Alcohol and Drug Education 35(3):1-11, 1990.

Surveys were conducted at a large State university in 1983 and 1986 to assess changes in student behavior regarding alcohol consumption, before and after a period during which several statewide legislative and campus-wide administrative actions to cope with alcohol abuse were implemented. The success of these efforts was not evident. However, factor analysis of the reported alcohol-related behaviors and consequences led to natural groupings of students along the lines of underlying value sets. Multiple regression of the factors more definitively revealed differences between the results of the two surveys. 48 Ref.

Behavioral Self-Control Strategies for Deliberately Limiting Drinking Among College Students

Werch, C.E.

Addictive Behaviors 15(2):119-128, 1990.
(Reprints available from Chudley E. Werch, Ph.D., Assistant Professor, University of North Florida College of Health, Center for Alcohol and Drug Studies, 4567 St. Johns Bluff Road, Jacksonville, FL 32216.)

This study examined the use of behavioral self-control strategies, across specific procedures and sex, and the relationship between self-control, alcohol consumption, and problem variables. A total of 456 randomly selected college students participated in a survey of campus substance use. Behavioral strategies most commonly used to deliberately limit drinking among college students were those related to limiting driving/riding when drinking, controlling time and food stimuli, and awareness of internal and external cues to control drinking. Strategies related to self-reinforcement and punishment, certain alternatives to alcohol use, and specific rate control techniques were least used by drinkers. Females were more likely than males to use all but one of the behavioral strategies. The degree of self-control practiced was associated with alcohol consumption, driving/riding after drinking, improvement in limiting drinking, health beliefs related to alcohol problems, and perceived effectiveness of behavioral strategies to limit drinking. Specific self-control strategies were found to significantly predict alcohol-related variables, with confining drinking to certain times of the week and refusing unwanted drinks the most consistent predictors. 20 Ref.

Effects of Drinking Age on Reduced Consumption of Alcohol Reported by College Students: 1981-1986

Gonzalez, G.M.

Journal of Drug Issues 20(1):67-73, 1990.

A survey of college students who visited Daytona Beach, Florida, during spring break between the years 1981 and 1986 showed a significant drop in reported consumption of alcoholic beverages. Significant reductions were found for both males and females. Since more than 30 States changed their laws raising the drinking age during the period of the study, it was assumed that some of the drop in consumption

might be accounted for by the increase in the drinking age. However, an analysis of variance failed to reject the null hypothesis of no significant interaction between the age of the respondent and the year of the study as a predictor of quantity-frequency of consumption. The author suggests that meaningful evaluation studies are needed to determine whether the growth in college alcohol education and prevention programs might better account for the recent decline in student consumption of alcohol and other drugs. 13 Ref.

Gender Differences in Drinking Patterns Among College Students: A Review of the Literature

Engs, R.C., and Hanson, D.J.

Journal of Alcohol and Drug Education 35(2):36-47, 1990.

Studies on gender variations in drinking patterns and problems among college students are reviewed. Most studies report a higher percentage of drinkers among males than among females, although some studies have found no gender differences and others have reported a higher percentage of female drinkers. Higher drinking frequencies and consumption levels in male college students have been consistently reported for decades. Several reasons have been suggested for the different drinking patterns of males and females, including a traditional belief that alcohol use and abuse is a male prerogative, the expectation of conventionality for females, and economic dependence of women on men. It appears, however, that changes in women's roles are accompanied by increased drinking among women. Although differences between the sexes on frequency and volume of drinking are narrowing, males continue to experience more alcohol problems and have different attitudes and motivations for drinking. Gender differences have also been reported in beverage preference and drinking locations. It is recommended that college alcohol policies and programs reflect these continuing gender differences. 74 Ref.

Examination of the Tension Reduction Hypothesis: Relationship between Anxiety and Alcohol in College Students

Kalodner, C.R.; Delucia, J.L.; and Ursprung, A.W.

Addictive Behaviors 14(6):649-654, 1989.
(Reprints available from Cynthia R. Kalodner, University of Akron, Akron, OH 44304.)

The Tension Reduction Theory posits that alcohol is consumed to achieve tension reduction. The drinking patterns of high-anxiety college students differed from low-anxiety college students. Eighty-one students completed the Trait Scale of the StateTrait Anxiety Inventory and the Khavari Alcohol Test (KAT). Several indices of alcohol use derived from the KAT were used to assess patterns of alcohol use. Five two-way analyses of variance were conducted using gender and anxiety as factors. Hypothesis One predicted that there would be a significant difference in alcohol consumption between high- and low-anxiety students when a comprehensive measure of alcohol use was used. This hypothesis was supported. Hypothesis Two predicted that frequency alone would not differentiate be-

tween anxiety levels; this was also supported. The third hypothesis was that volume measures of beer, wine and liquor would differentiate between the high-and low-anxiety levels; this hypothesis was partially supported — beer volume did differentiate between groups, while wine, and liquor volume did not. The final hypothesis was that there would be an interaction between gender and anxiety; this was not supported.

Alcohol Advertising in College Newspapers: 7-Year Follow-Up

Breed, W.; Wallack, L.; and Grube, J.

Journal of American College Health 38(6):225-261, 1990.

(Reprints available from University of California - Berkeley, School of Public Health, Berkeley, CA.)

The authors report on the frequency and nature of alcohol advertisements in a representative sample of college newspapers from 1984-85 and compare these with results of a similar study conducted 7 years earlier, in 1977-78. On average, nearly 24 column inches of space per issue were devoted to national alcohol advertisements in 1984-85. This represents a significant decrease from an earlier period. The space devoted to national alcohol advertisements, however, still far exceeded that for comparison products (books, soft drinks). Local alcohol advertisements averaged 20 column inches per issue and were somewhat more frequent than in the previous study. The content of the advertisements differed markedly from the messages presented 7 years earlier. Although national alcohol advertisements in 1977-78 frequently ridiculed education and study, none did so in 1984-85, when appeals were to taste and product quality instead. Fantasy themes also were relatively common. Very few national alcohol advertisements featured athletes or group drinking. Sponsorship of campus activities by the alcohol industry, however, had increased since the earlier study. In contrast to national advertisements, many local advertisements consisted of inducements to drink through special offers and happy hours. Some encouraged irresponsible and heavy drinking. Interestingly, alcohol advertisements were just as frequent in papers from States with higher minimum drinking ages and were more frequent in papers from campuses with higher proportions of women students.

Alcohol Use Among College Students: Response to Raising the Purchase Age

Davis, J.E., and Reynolds, N. C.

Journal of American College Health 38:263-269, 1990.

(Reprints available from James E. Davis, Department of Educational Studies, University of Delaware, Newark, DE 19711.)

On December 1, 1985, New York State raised its alcohol purchase age from 19 to 21. A quasi-experimental research design was used to explore the changes in alcohol use behaviors and attitudes of undergraduates at a large central New York university before and after this legislation was enacted. The overwhelming majority of this undergraduate population is under 21 years old and is thus affected by the new legislation. A comparison of data from the two survey times revealed that 90 percent of the undergraduates sampled continued to drink at least occasionally. The analysis of drinking quantity showed a slight moderation in alcohol consumption

overall, with the greatest changes occurring for the heaviest drinkers - men and members of Greek organizations. Even with apparent moderation in student drinking, reported negative consequences such as physical injuries were more common. A change in drinking location to less-controlled environments, such as private rooms and unmonitored parties, is offered as one possible explanation.

Adult Children of Alcoholics on College Campuses: Group Approach to Intervention

Matthews, B., and Oaks, J.

Health Values 14(1):9-15, 1990.

(Reprints available from Judy Oaks, Department of Health Education, East Tennessee State University, Johnson City, TN 37614-0002.)

This article describes an intervention designed to increase awareness of the problems associated with alcohol abuse and to provide a group intervention program for adult children of alcoholics on college and university campuses. Alcoholism is a family disease that not only affects every member of the family but is often repeated in subsequent generations. Adult children of alcoholics are at high risk either to become alcoholic themselves or to develop repeated unhealthy behavior patterns in their own adult relationships. Interventions designed to break this cycle of addiction deserve serious consideration in health-oriented program planning. 42 Ref.

Alcohol and Drug Use by College Males as a Function of Family Alcoholism History

McCaul, M.E.; Turkkan, J.S.; Svikis, D.S.; Bigelow, G.E.; and Cromwell, C.C.

Alcoholism: Clinical and Experimental Research 14(3):467-471, 1990.

(Reprints available from Mary E. McCaul, The Francis Scott Key Medical Center, Alcoholism Treatment Services, D-5 Center, 4940 Eastern Avenue, Baltimore, MD 21224.)

Family history of alcoholism increases the risk for development of alcoholism in male offspring. The present questionnaire study examined self-reported alcohol and drug use in 744 college males as a function of DSM-IIIR alcohol dependence diagnoses in first- and/or second-degree biological relatives. Substance use was most prevalent and most frequent in students with both first- and second-degree alcohol-dependent family members, was intermediate in students with only first-degree affected relatives, and was least in students with no affected relatives. Students with both first- and second-degree alcohol-dependent relatives reported: more alcohol, marijuana, sedative, and cocaine ingestion; a younger age at first alcohol intoxication and first marijuana use; experience with less commonly used drugs; and more personal substance-related problems as well as more family mental health care. These data have significant prevention implications for targeting at-risk youth. 23 Ref.

Bogus-Pipeline Effects on Self-Reported College Student Drug Use, Problems, and Attitudes

Werch, C.E.; Lundstrum, R.H.; and Moore, A.

International Journal of the Addictions 24(10):1003-1010, 1989.

(Reprints available from University of North Florida - College of Health, 4567 Saint Johns Bluff Road South, Jacksonville, FL 32216.)

This study examined whether a bogus objective measure would increase self-reported drug measures in a selected college population. No significant differences were found in the proportions of college students in bogus objective measures and control conditions reporting current social, illegal, and nonmedical prescription drug use, as well as drug-related problems and attitudes. A significantly greater proportion of subjects receiving the verbal bogus procedure ($p = .006$) reported heavy cigarette use.

Stability and Contradiction in College Students' Drinking Following a Drinking-Age Law Change

Perkins, H.W., and Berkowitz, A.D.

Journal of Alcohol and Drug Education 35(1):61-77, 1989.

This study examines college students' drinking behavior and related phenomena before and after an increase in the minimum legal drinking age for alcoholic beverages from 18 to 19 in New York State and in light of student attitudes toward a legal age of 18, 19, or 21 subsequent to this age-law change. Survey data from the entire first and second year classes of students attending an undergraduate liberal arts institution in 1982 (86 percent response, N = 797) when the minimum legal-drinking age was 18 are compared with data from their counterparts in 1984 (90 percent response, N = 860) when a raised legal-drinking age of 19 had gone into effect. In general, the data indicated that students on campus who were under 19 were not particularly affected in terms of consumption rates, alcohol use attitudes, reasons for drinking, or negative consequences of alcohol use. Student opposition to the new law did not adequately account for the higher age law's apparent lack of effect in this college setting. Indeed, only a minority of students in the 1984 sample wanted the legal age to be returned to 18, even among students under 19. Moreover, most of the under-age students who supported a 19 or higher drinking-age law also reported extensive personal alcohol consumption on a weekly basis, as did the 19 and 20 year olds who believed the age law should be raised to 21.

Effect of Raising the Drinking Age to 21 Years in New York State on Self-Reported Consumption by College Students

George, W.H.; Crowe, L.C.; Abwender, D.; and Skinner, J.B.

Journal of Applied Social Psychology 19(8):623-635, 1989.

(Reprints available from William H. George, State University of New York - Buffalo, Department of Psychology, Park Hall - Amherst Campus, Amherst, NY 14260.)

New York State raised its minimum drinking age from 19 to 21 years on December 1, 1985. To examine the effects

of this change, data were collected from three college samples: 9.5 months before the law changed, 2.5 months post change, and 14.5 months post change. In each sample, students in three age groups were surveyed about their weekly consumption and the location of their drinking: illegal group (age 18 years), target group (19-20 year olds), and legals (age = 21 years). It was hypothesized that post change samples in the illegal and target groups would exhibit greater abstention rates, reduced drinks/week and drinking days/week, and a shift in drinking locations. It was found that target subjects exhibited decreased drinking days/week but there were no changes in abstention rate or drinks/week. Consistent with prediction, illegal and target samples evidenced a post change shift in the drinking venue from licensed to unlicensed location. Also, illegal subjects reported doing more drinking in automobiles after the law change than before. The findings suggest that the law change had a minimal impact on the quantity of alcohol consumed by underage student drinkers but a dramatic effect on where they consume alcohol.

Relationship Between Assertiveness, Alcohol-Related Expectations for Social Assertion, and Drinking Patterns Among College Students

Mooney, D.K., and Corcoran, K.J.

Addictive Behaviors 14(3):301-305, 1989.

(Reprints available from Kevin J. Corcoran, Ph.D., Department of Psychology, Southern Illinois University, Carbondale, IL 63901.)

Alcohol-related expectancies have been shown to correlate with and predict a wide range of drinking behaviors. Rotter's social learning theory asserts that behavioral prediction can be improved through the use of reinforcement value in addition to expectancies. The present investigation evaluated this assertion in comparing the ability of alcohol-related expectancies to predict alcohol consumption for low and high assertive college students. It was hypothesized that the expectation that alcohol would facilitate social assertion would be predictive of self-reported heavy drinking by low, but not highly assertive students. Results showed that the typical quantity, maximum quantity, and frequency of drinking by low assertive females were predicted only by the expectation of Social Assertion. For low assertive males, Social Assertion was predictive of frequency of drinking. Moreover, of the students high in assertiveness (male and female), drinking patterns were not predicted by the expectation of enhanced Social Assertion. 17 Ref.

Relation of Initial Alcohol Experiences to Current Alcohol Consumption in a College Population

Samson, H.H.; Maxwell, C.O.; and Doyle, T.F.

Journal of Studies on Alcohol 50(3):254-260, 1989.

(Reprints available from Herman H. Samson, Alcohol and Drug Abuse Institute, University of Washington, Seattle, WA 98105.)

Male and female undergraduate college students were surveyed to examine whether age and circumstances of initial taste and intoxication experiences

with alcohol would be predictive of current alcohol usage. Age of initiation, nature of the experience (pleasant vs. unpleasant), social setting and type of beverage were examined. Only age of initial experience was found to be minimally predictive of subsequent heavier alcohol use. The negative effects of early experiences with alcohol were predictive for abstinence in both sexes, but did not differentiate between moderate and heavy alcohol users in either.

Self Concept and Drinking Problems of College Students Raised in Alcohol-Abused Homes

Rearden, J.J., and Markwell, B.S.

Addictive Behaviors 14(2):225-227, 1989.

(Reprints available from John J. Rearden, Ph.D., Psychology Department, Eastern Illinois University, Charleston, IL 61920.)

To examine drinking problems and self-concept of college students raised in homes where alcohol is abused, 148 lower division college students were given the following paper and pencil tests: The Michigan Alcoholism Screening Test, The Children of Alcoholics Screening Test, and the "Personal Self" section of The Tennessee Self Concept Scale. Students classified as children of alcoholics had a significantly lower self concept ($F = 4.23$, $p = .04$). Tabulation of the incidence of heavy drinking (31 percent) and lapses of memory after drinking bouts (62 percent) show an amount of drinking on college campuses that is alarming. 8 Ref.

Undergraduate Student and Faculty Perceptions of Problem Drinking

Leavy, R.L., and Dunlosky, J.T.

Journal of Studies on Alcohol 50(2):101-107, 1989.

(Reprints available from Richard L. Leavy, Department of Psychology, Ohio Wesleyan University, Delaware, OH 43015.)

Using a questionnaire, 487 students and 155 faculty members at two midwestern undergraduate colleges were surveyed to learn the factors that affect perceptions of problem drinking. Multivariate analysis of variance showed perceptions to be significantly related to respondents' drinking habits. Multivariate analyses of covariance, with respondents' drinking as the covariate, revealed significant differences in perceptions between faculty and students and between male and female students. The gender of the questionnaire's target individual also affected perceptions. The results replicate and expand on findings explicating the role of demographic and cognitive factors in the perception of drinking.

Survey of Current College Alcohol Abuse Programs, Attitudes, and Training Needs

O'Connell, D.F., and Patterson, H.O.

Journal of Alcohol and Drug Education 34(2):61-69, 1989.

(Reprints available from David F. O'Connell, Ph.D., Clinical Supervisor, ARC/The Terraces, 1170 South State Street, Ephrata, PA 17522.)

Previous research has shown a high level of alcohol consumption and a serious abuse problem on college campuses. Colleges have been slow to re-

spond to student alcohol abuse problems, but there are recent signs of change. This study surveyed directors of student life at 132 colleges and universities in Pennsylvania to determine programs offered, training needs, attitudes toward abuse programs, and kinds of programs desired. The results from the 87 schools responding showed 64 percent had some alcohol abuse program. Seventy-nine percent were interested in additional training, and 71 percent reported an abuse problem on campus (67 percent described the problem as moderately serious to serious, and 90 percent said most student personnel are unqualified to manage abuse problems). It was concluded that colleges have made progress in the past few years in addressing the abuse problem, but that more training is needed for college student personnel. 18 Ref.

Current Status of Drug Intervention & Prevention in College Athletic Programs

Tricker, R., and Cook, D. L.

Journal of Alcohol and Drug Education 34(2):38-45, 1989.

(Reprints available from Raymond Tricker, Department of Health, Physical Education and Recreation, University of Kansas, Lawrence, KS 66044.)

This study surveyed the National Collegiate Athletic Association (NCAA) Division I universities to collect information related to the existence, nature, and effect of drug testing and drug education programs upon college athletes. Seventy-one questionnaires were sent to the head athletic trainers to ascertain their perceptions of the drug testing program used in conjunction with their athletic program. The findings indicate that trainers believe that drug testing helps to reduce the incidence of drug abuse in college sports programs. However, they report that most programs do not emphasize drug education. 11 Ref.

Personality Correlates of Heavy and Light Drinking Female College Students

Johnson, P.B.

Journal of Alcohol and Drug Education 34(2):33-37, 1989.

In this study, heavy and light-moderate drinking females were compared along personality dimensions. Although no differences were found in social desirability or locus of control, heavy drinkers possessed a greater fear of failure and greater sensation seeking than light-moderate drinkers. These results were discussed from two perspectives: their relevance to a better understanding of the causes of problem drinking in women and their implications regarding the different etiologies of male and female problem drinking. 23 Ref.

Drug Use, Drinking, and Smoking: National Survey Results from High School, College, and Young Adults Populations; 1975-1988.

Johnston, L.D.; O'Malley, P.M.; and Bachman, J.G.

Report, University of Michigan, Institute for Social Research, Ann Arbor, 1989.

(Reprints availability from the National Institute on Drug Abuse, 5600 Fishers Lane, Rockville, MD 20857.)

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This report is the 12th in an annual series reporting the drug use and related attitudes of America's high school seniors, college students, and young adults. The findings cover the high school classes of 1975 through 1988. The most important developments in 1988 were the drop in crack use among seniors for the first time, and the continued decline in the use of cocaine in any form in all three population groups. Several other drugs showed continuing declines, as well. The declines in crack and cocaine use in 1988 were accompanied by a further decline for a number of other drugs as well. The annual prevalence of marijuana use among seniors fell significantly to the lowest level since the study began (33 percent, down 3.2 percent from 1987). A similar decrease occurred among college students (35 percent, down 2.4 percent) and among all young adults one to ten years past high school (down 3 percent to 32 percent). American college students show annual usage rates for a number of drugs that are about average for their age, including marijuana, inhalants, heroin, and opiates other than heroin. For several categories of drugs, however, college students have rates of use which are below those of their age peers, including cocaine, crack, LSD, stimulants, barbiturates, and tranquilizers. In general, the trends since 1980 in illicit substance abuse among American college students have been found to parallel those of their age peers not in college. That means that for most drugs there has been a decline in use over the interval.

College Students Survey on Drug Use

Survey, National Institute on Drug Abuse, 1990.

(Reprints available free of charge from the National Clearinghouse for Alcohol and Drug Information, P.O. Box 2345, Rockville, MD 20852, 1-800-729-6686.)

This table provides national trends in annual and 30-day prevalence of 14 types of drugs, including alcohol and tobacco, among college students. The years included in the tables are 1980 to 1990.

Approaches to Drug Abuse Prevention at Colleges and Universities: A Collection of Presentations Made at the National Collegiate Drug Awareness Week Kick-off Conference

Washington, DC: U.S. Department of Education, 1988.

(Reprints available from the U.S. Department of Education, Washington, DC 20208-5644.)

College and university administrators are well aware of the need to find effective solutions to the problems of drug and alcohol abuse. Current research indicates that substance abuse often results in serious health problems, a decrease in levels of productivity, a breakdown of the family structure and a strain on societal resources. In an effort to address these problems, a group of 22 presenters and approximately 150 participants were invited to share drug and alcohol abuse prevention information and techniques at the National Collegiate Drug Awareness Week Kick-off

Conference. The conference took place in February 1988, and was sponsored by the Inter-Association Task Force on Alcohol and Other Substance Issues, with the full support and cooperation of the U.S. Department of Education, Office for Education Research and Improvement and the U.S. Department of Health and Human Services, Office for Substance Abuse Prevention. The purpose of this booklet is to capture the substance of the conference in 17 one-page abstracts which reflect the major themes of each presentation. The information contained in this booklet will provide university administrators with new approaches to the development, enforcement and assessment of strong substance abuse education and prevention programs on their campuses.

Press Conference to Release the National High School Senior Drug Abuse Survey

Sullivan, L.W.; Mason, J.O.; and Goodwin, F.K.

Press Release, Department of Health and Human Serivces, Washington, DC, January 24, 1991.

(Reprints available from the National Clearinghouse for Alcohol and Drug Information, P.O. Box 2345, Rockville, MD 20852.

Louis W. Sullivan, Secretary of the U.S. Department of Health and Human Services, reported results of the 1990 High School Senior Drug Abuse Survey. The survey showed a continuing drop in the percentage of high school seniors and young adults who are using illicit drugs. The 1990 survey found that 47.9 percent of high school seniors had used an illicit drug at least once in their lives. This is part of a continuing decline since the early 1980s when up to 66 percent of seniors had tried an illicit drug at least once. Some categories of alcohol use – annual and current – also declined significantly. Although daily and binge drinking have declined substantially from their peaks in the early 1980s, the changes in the 1990 survey were not statistically significant. Declines were noted in use of cocaine and crack, marijuana, and PCP. However, Sullivan expressed concern about the continued high rates of cigarette smoking by high school seniors. The survey found no decrease from 1989 to 1990 in daily cigarette smoking, which has remained at a steady level since 1984. The survey also includes data on drug use from a followup of approximately 12,000 graduates from the senior classes of 1976 through 1989. The followup data show some downward trends among young adults 19-28 years old. Annual and current use of illicit drugs between 1989 and 1990 is down from 32.8 percent, to 30.7 percent, and 17.7 percent to 15.9 percent, respectively. Followup data on the young adults who are in college show that lifetime, annual, and current cocaine use decreased significantly between 1989 and 1990. Lifetime use decreased from 14.6 percent in 1989 to 11.4 percent in 1990; annual use from 8.2 percent to 5.6 percent; and current use from 2.8 percent to 1.2 percent. Lifetime use of any illicit drug by college students declined slightly, from 55.6 percent in 1989 to 54 percent in 1990. Annual use among college students dropped from 36.7 percent to 33.3 percent, while current use dropped from 18.2 percent to 15.2 percent. The long-term trend can be seen in the figures from 1980. In that year's survey of college students, lifetime use was 69.4 percent, annual use was 56.2 percent, and current use was 38.4 percent.

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Other Publications

College Alcohol Survey - 1979, 1982, 1985, and 1988

Anderson, D.S., and Gadaleto, A.F.

Survey, George Mason University, Fairfax, 1989.

(Reprints are available from David Anderson, Ph.D., Center for Health Promotion, George Mason University, Fairfax, VA 22030.)

A survey sent to 330 colleges shows trends in alcohol policies, treatment, research, and preventive measures. A growing percentage of administrators report that campus alcohol - related problems are on the increase.

Drug Use, Peer Relationships, and the Transition from High School to College

Engel, J.W.

Ph.D. diss, Colorado State University, Fort Collins, 1990.

(Reprints available from UMI, 300 North Zeeb Road, Ann Arbor, MI 48106. Refer to order #DA 9007073.

College freshmen less than or equal to 20 years of age responded to a questionnaire that asked about current alcohol and drug use, peer relationships associated with use and, retrospectively, about their alcohol and drug use in a typical month of their senior year of high school. For drugs other than alcohol and marijuana, the best predictor of drug use at the beginning of college is drug use during a typical month of the senior year of high school. College freshmen, however, use marijuana less frequently than they did in high school and the use of alcoholic beverages increases early in college. While the frequency of alcohol use increases considerably, college freshmen do not increase the number of times they get drunk. One reason why the high correspondence of drug use between high school and college should not occur is the likely change in peer relations. It would be expected that this alteration in peer group would also alter subsequent rates of drug and alcohol use. However, most entering freshmen quickly found new friends with whom they could get drunk and do drugs. Since the data show that college and high school drug use is very similar, it is likely that they found new friends much like their high school friends. Alcohol and drug use may be important determining factors in the choice of new college friends.

Influences on Student Substance Use and Irresponsible Use

Cason, V.K.

Ph.D. diss., Virginia Commonwealth University, Richmond, 1990.

(Reprints available from UMI, 300 North Zeeb Road, Ann Arbor, MI 48106. Order #DA 9006107.)

This study examined a college population to determine the relative importance of various influences on alcohol, drug and irresponsible usage. Participants were 453 full-time, undergraduate students. Subjects completed a questionnaire which addressed 16 areas: demographic, knowledge, attitudes, expectations, assertiveness, sibling attitudes, sibling usage, sibling relationships, parental attitudes, parental usage, parental relationships, availability of alcohol, availability of drugs, peer usage, peer attitudes, and peer relation-

ships. Data were analyzed using multiple regressions and multivariate analyses of variance. Availability of alcohol, expectations, and peer use were found to be related to alcohol usage and irresponsible use of substances. Expectations and availability of drugs were found to be predictive of marijuana use, with expectations also predicting cocaine use. Higher alcohol usage was found for those living in dorms and off-campus. Higher drug usage and irresponsible usage was found for those living off-campus. Alcohol usage was found to be greatest in fraternities and sororities. Limitations and intervention/prevention strategies are discussed.

Alcohol Use and Stress in College Women

McNair, L.D.

Ph.D. diss., State University of New York at Stony Brook, Stony Brook, 1990.

(Reprints are available from UMI, 300 North Zeeb Road, Ann Arbor, MI 48106. Order #DA8918949.)

The tension-reduction hypothesis (TRH) has emphasized the tension-reducing properties of alcohol in maintaining its use. The present study sought to investigate cognitive and social factors involved in stress-related drinking in women. Sixty women undergraduates (moderate to heavy social drinkers) were randomly assigned to four conditions in a 2x2 factorial design in which order of alcohol consumption and stress task were manipulated. Subjects completed the stress task either before or after the alcohol taste-rating task. The study results indicated that subjects in all experimental conditions consumed similar amounts of alcohol. Thus, the stress and order manipulations had no effect on alcohol consumption. Alcohol following the speech task decreased anxiety. However, in the high stress alcohol-stress (AS) condition, neither the expectation of alcohol nor actual consumption of alcohol influenced anxiety levels. Alcohol expectancies and control/vulnerability concerns were not significantly correlated with alcohol consumption. The findings suggest that stress-related alcohol consumption in women may be mediated by contextual cues such as situation-specific consequences of alcohol consumption and social perceptions of alcohol use by women.

Impact of Drinking Games on College Drinking Behavior

Crawford, J.K.

Ph.D. diss., University of Nebraska, Lincoln, 1990.

(Reprints available Copies are available from UMI, 300 North Zeeb Road, Ann Arbor, MI 48106. Order #DA 8925231.)

Examination of behaviors associated with heavy alcohol consumption suggests that drinking games contribute to the consumption of large quantities of alcohol. Twenty males and 20 females, 21 to 25 years of age were interviewed on their drinking behavior. In addition, drinking game practices were observed at 21 off-campus parties. Results of this study showed that male and female game players consumed significantly more alcohol than nongame players. When participating in drinking games, females consumed more alcohol than males, reported spending more time playing drinking games, and reported more negative consequences. A person may initially begin to participate in drinking games as a way to "fit in" and meet perceived social expectations. Af-

ter a person's comfort level increases they may keep playing to continue feeling comfortable or they may want to advance their position in the social group to a position of power and control. If on the other hand, they do not establish meaningful relationships and their comfort level does not improve or they do not achieve control over others, their continued attempts will possibly lead to intoxication. Participation in drinking games becomes a no win situation. So powerful and effective is this phenomenon that drinking games become the only entertainment at most parties.

Alcohol Expectancies and Social Anxiety as Predictors of Alcohol Consumption and Related Problems in College Undergraduates

O'Hare, T.

Ph.D. diss., Rutgers - The State University of New Jersey, New Brunswick, 1989

(Reprints available from UMI, 300 North Zeeb Road, Ann Arbor, MI 48106.)

The behavioral effects of alcohol result, in part, from the cognitive mediating effects of the drinker's expectancy. The content of several expectancies have been consistently defined, and they reliably predict drinking styles and consumption levels. There is also preliminary evidence that trait measures of anxiety may predict these expectancies, and that those expectancies may vary with drinking contexts. Data from 606 (75.8 percent) undergraduate respondents in this explanatory college survey show that higher expectancies of alcohol's reinforcing effects predict higher consumption levels and higher alcohol related problems in these college drinkers. Social anxiety predicts a higher expectancy of tension reduction and social assertiveness, and the context of drinking contributes to explanatory models predicting both consumption, and alcohol problems as well as alcohol expectancies. Results suggest that expectancies contribute significantly to a social learning model of drinking, and they are related to the context of drinking and a trait measure of social anxiety. Traditional background variables, particularly sex, also contribute to a regression model of alcohol consumption as well as a discriminant model of alcohol related problems. The implications of these results are discussed for theory building (i.e., relevance to tension reduction theory and expectancy theory), expectancy research and alcohol prevention and treatment.

Alcoholism/Chemical Dependency and the College Student

Rivinus, T.M.

New York: The Haworth Press, Inc., 1988.

(Reprints available from the Haworth Press, Inc., 12 West 32 Street, New York, NY 10001.)

The problems associated with alcohol and other drug use among college students are discussed in this volume. The book presents ways that counselors, professors, and parents can grasp the problems and be of significant help. Topics include: physical effects and consequences of mind-altering drugs; treating chemical dependency at college; inherent problems in substance abuse education on campus; drug education as a means of primary prevention; difficulties of diagnosis; treatment alternatives; integrated treatment approach; in-

patient treatment issues; and working with children of alcoholics on a college campus.

Alcohol Practices, Policies, and Potentials of American Colleges and Universities: An OSAP White Paper

Eigen, L.D.

Report, CSR Incorporated, Washington, DC, 1991

(Reprints available from the National Clearinghouse for Alcohol and Drug Information, P.O. Box 2345, Rockville, MD 20852.)

This white paper describes the extent of drinking on college campuses; the health, social, academic, and economic costs of drinking on campuses; and the relationship of many university policies and practices with this problem. It is organized into two major sections. The first section describes the nature of the problem, including the amount and nature of college drinking; economic, health, social, and educational consequences; and demographics and student attitudes. The second section describes what colleges and universities are doing to deal with the alcohol problem, and the alternatives, possibilities, complexities, and limitations. Campus regulation is discussed, as are programs and policies including designated driver programs, responsible drinking, counteradvertising, class scheduling, and negativism.

Guide for College Presidents and Governing Boards: Strategies for Eliminating Alcohol and Other Drug Abuse on Campuses

Upcraft, M.L., and Welty, J.D.

Report, Pennsylvania State University, University Park, 1990.

(Reprints available from the U.S. Department of Education, Washington, DC 20208-5644.)

This guide is intended to help college and university presidents and governing boards eliminate drug use and alcohol problems on college campuses. The guide outlines the extent of the problem and recommends five strategies for institutions: (1) Develop clear policies concerning alcohol and other drugs; (2) Enforce alcohol and other drug regulations; (3) Provide alcohol and other drug education and prevention programs; (4) Ensure intervention and referral for treatment of students, faculty, and staff; and (5) Assess attitudes and behavior toward alcohol and other drugs as well as the effectiveness of education, prevention, intervention, and treatment programs. The guide recommends specific actions that college presidents and governing boards can take to carry out each strategy.

Groups, Organizations, & Programs on College Youth

Al-ANON Family Groups, Inc.
World Service Office
P.O. Box 862, Midtown Station
New York, NY 10159
212-254-7230
1-800-344-2666

Alcohol Policies Project Center for Science in the Public Interest
1875 Connecticut Avenue, NW #300
Washington, DC 20009
202-332-9110

Alcoholics Anonymous (AA)
World Service, Inc.
468 Park Avenue, South
New York, NY 10016
212-686-1100

American College Health Association
15879 Crabbs Branch Way
Rockville, MD 20855
301-963-1100

American College Personnel Association
Central Michigan University
Mt. Pleasant, MI 48859
517-774-3381

American Council on Education
One Dupont Circle
Washington, DC 20036
202-466-5030

Campuses Without Drugs, Inc.
National Office
2530 Holly Drive
Pittsburgh, PA 15235
412-731-8019

Center for Science in the Public Interest
1875 Connecticut Avenue, NW #300
Washington, DC 20009
202-332-9110

The Coalition of (Campus) Drug and Alcohol Educators
250 Arapahoe, Suite 301
Boulder, CO 80302
303-443-5696

Commission on Alcohol and Other Drugs of the American College Personnel Association
Central Michigan University
Mt. Pleasant, MI 48859
517-774-3381

Health Promotion Resources
509 University Avenue
St. Paul, MN 55103
1-800-782-1878

Integrated Substance Abuse Consultants (INSAC)
P.O. Box 7505
Arlington, VA 22205
703-237-3840

Nar Anon Hotline
800-780-3951

National Association of Student Personnel Administrators
Suite 330, One Dupont Circle
Washington, DC 20036
202-293-9161

The Marin Institute for the Prevention of Alcohol and Other Drugs
24 Belvedere Street
San Rafael, CA 94901
415-456-5692

National Interfraternity Conference
3901 West 86th Street
Suite 390
Indianapolis, IN 46268
317-872-1112

National Organization of Student Assistance Programs and Professionals (NOSAPP)
250 Arapahoe, Suite 301
Boulder, CO 80302
800-972-4636

Network of Colleges and Universities Committed to the Elimination of Drug and Alcohol Abuse
Office of Educational Research and Improvement
U.S. Department of Education
555 New Jersey Avenue, SW
Washington, DC 20208-5644
202-357-6265

Peterson's Drug and Alcohol Programs and Policies
Dept. 9377
P.O. Box 2123
Princeton, NJ 08543
800-338-3282

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